What is claimed is:

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1. A vertical cavity surface emitting laser, comprising:

at least one quantum well having a depth of at least 40 meV and comprised of InGaAs;

GaAsN barrier layers sandwiching said at least one quantum well; and GaAsN confinement layers sandwiching said barrier layers.

- The vertical cavity surface emitting laser of claim 1 wherein said quantum well is up to and including 50 Å in thickness.
 - 3. A vertical cavity surface emitting laser, comprising:

at least one quantum well having a depth of at least 40 meV and comprised of InGaAs;

GaAsN barrier layers sandwiching said at least one quantum well; and AlGaAs confinement layers sandwiching said barrier layers.

- 4. The vertical cavity surface emitting laser of claim 3 wherein said quantum well is up to and including 50 Å in thickness.
 - 5. A vertical cavity surface emitting laser, comprising:
 - at least one quantum well having a depth of at least 40 meV and comprised of InGaAs;
- 25 AlGaAs barrier layers sandwiching said at least one quantum well; and

GaAsN confinement layers sandwiching said barrier layers.

6. The vertical cavity surface emitting laser of claim 5 wherein said quantum well is up to and including 50 Å in thickness.